


January 2013 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
December 31 10:00 Stitching Post 11:00 Exercise to Video Noon Pizza 1:00 Cards/Games	1 Closed 	2 NO Lunch NO Transportation 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	3 NO Lunch NO Transportation 11:00 Exercise to Video 1:00 Cards/Games	4 Center is Closed
7 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	8 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 5:30 *Pizza Night/Games	9 9:30 Drawing/Painting Club 10:00 Mobile I&A 11:00 Exercise to Video 12:45 Fall Prevention 1:00 Wii Bowling	10 9:30 Men's Discussion Group 11:00 Exercise to Video 1:00 Cards/Games	11 Center is Closed
14 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	15 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 *Pizza Night/Games	16 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve	17 11:00 Exercise to Video 1:00 Cards/Games	18 Center is Closed Walters Art Museum Day Trip
21 Closed Enjoy the holiday	22 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 5:30 *Pizza Night/Games	23 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	24 11:00 Exercise to Video 1:00 Cards/Games	25 Center is Closed Maryland Historical Society Day Trip
28 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	29 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 *Pizza Night/Games	30 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	31 9:30 Men's Discussion Group 11:00 Exercise to Video 1:00 Cards/Games	